

Perceived Physical Exercise Benefits among Staff of Tertiary Institutions in Adamawa State

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Abstract : Perceived physical exercise benefits among staff of tertiary institutions in Adamawa State was investigated as a basis for formulating proper exercise intervention strategies. The study utilized descriptive survey design. The purpose of the study was to determine perceived exercise benefits among staff of tertiary institutions in Adamawa state, Nigeria. The instrument used for data collection was a questionnaire adapted from Exercise Benefit/Barrier Scale (EBBS) developed by Sechrist, Walker and Pender (1985) which was validated by five experts. Three hundred and thirty (330) copies of the questionnaire were distributed among study participants in six institutions of higher learning in Adamawa state. The scale comprised two components; Benefits and Barriers dimensions. To achieve this purpose, three research questions were posed. The instrument had a four response forced-choice Likert-type format with responses ranging from 4 = strongly agree (SA), 3 = Agree (A), 2 = Disagree (D) and 1 = Strongly Disagree (SD). The findings of the study revealed that both male and female staff in institutions of higher learning in Adamawa state perceived exercise as highly beneficial. However, male staff had higher perceived benefits score than their female counterparts. (Male: \bar{x} = 95.02. SD = 3.08) > female: \bar{x} = 94.04, SD = 4.35. There was also no significant difference in perceived exercise barriers between staff and students of tertiary institutions in Adamawa state. Based on the finding of the study, it was concluded that staff of tertiary institutions perceived exercise as highly beneficial. It was recommended that since staff of institutions of higher learning in Adamawa State irrespective of gender and religious affiliations have basic knowledge of perceived benefits of exercise, there is the need to explore programmes that will enable staff across the sub-groups to overcome barriers that could discourage physical exercise participation.

Keywords : perception, physical exercise, staff, benefits

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